April - Lesson Plan Grades 2-3

VARY YOUR VEGGIES



Begin each nutrition education lesson with a short physical activity break from the card set provided by IDPH. Have fun and get active with your students!

Objectives

Learn why it's good to eat artichokes and grape tomatoes.

Learn what artichokes and grape tomatoes look like.

Supplies Needed

April

Pick a **better** snack[™] & **Act** bingo card

2nd Grade – "T-O-M-A-T-O-E-S" worksheet to complete as a class

3rd Grade – "Grape Tomatoes and Artichokes Parts of Speech" worksheet

Tasting Opportunities

Featured Vegetables: Artichokes Grape tomatoes

Background

Tomatoes are botanically the fruit of the plant, as are cucumbers and green peppers, but they are classified as vegetables because they taste more like vegetables (less sweet). A Supreme Court ruling in the early 1900's legally declared tomatoes as a vegetable.

There are common distinguishing traits between fruits and vegetables, with a few exceptions.

Fruit Traits

- Grows on trees, bushes, or vines
- One or more seeds inside
- Sweeter than vegetables
- The part we eat is ripened flower
- The parent plant lives on for another season (perennial)

Vegetable Traits

- Comes from smaller plants, not trees
- No seeds
- Not as sweet, more fibrous
- We eat different parts of the plant like its stem (celery), roots (carrots, radish), tubers (potato)
- The parent plant dies after one season (annual)

Grape tomatoes are the red fruit of the tomato plant that is almost like a vine. There are over 4,000 varieties of tomatoes. Grape tomatoes are the newest and smallest variety. A grape tomato is about the size of a grape.

Grape tomatoes may be small, but they are creating a big stir in the world of produce. In 2001, the grape tomato's national volume increased by 142 percent! They are quickly becoming the tomato of choice, preferred for their bite-size and sweet taste.

The grape tomato is a hybrid of Roma, tear-drop, and cherry tomatoes and its finger-food size makes it an ideal snack.

For optimum flavor, store them at room temperature in indirect sun. Storing in the refrigerator may result in loss of flavor.

Tomatoes can be raw or cooked into soups and sauces, like pizza and spaghetti sauce. Grape tomatoes are great eaten for snacks, in salads and in pasta dishes.

Tomatoes are very red when ripe, both inside and out. We eat the skin of the tomato.

Tomatoes have vitamin C that helps cuts heal and fiber that helps move food through the body.

Artichokes are native to the Mediterranean. They are one of the oldest known foods. Theophrastus was an ancient Greek philosopher. He lived over 2,000 years ago. In his writings, he discussed artichokes being grown in Sicily and Italy.

The perennial plant is in the thistle group of the sunflower family. The plant gets about 6 feet wide and 3-4 feet high. Almost all of the artichokes in the United States are grown in California.

When we eat an artichoke, we are actually eating the plant's flower bud. The plant must grow for one year for the flower to be harvested. Artichokes continue to be picked by hand. The artichoke plant produces artichokes for five to ten years.

Artichokes are strange looking vegetables that are fun to eat. Most people cook the whole artichoke, and pick off each petal, one by one, and slip them though their teeth to scrape off the soft part. When all of the petals have been pulled off, there will be a fuzzy "choke". The fuzzy part is removed to eat the center, called the artichoke heart. Children love the hearts of artichokes because they get to the hearts with their hands.

Artichokes have vitamin C that helps cuts heal and fiber that moves food through the body.

Web Site Resources

www.idph.state.ia.us/pickabettersnack www.fruitsandveggiesmorematters.org www.choosemyplate.gov www.fns.usda.gov/eatsmartplayhard





Do the Activity: 2nd Grade

Copy the "T-O-M-A-T-O-E-S" worksheet on the black board or project on an overhead. As a class, brainstorm fruits and vegetables that start with each letter. Remind the students to recall the featured fruits and vegetables that appeared on the bingo cards throughout the year.

3rdGrade

Distribute the "Grape Tomatoes and Artichokes Parts of Speech" worksheet to each student. What adjectives did the students use to describe grape tomatoes? Artichokes?

Talk It Over:

Artichokes and grape tomatoes are two of the vegetables featured on the April bingo card.

Who can tell me why it's good to eat artichokes and grape tomatoes? (They are a good source of fiber and vitamin C.)

What color are artichokes? (green)

What do artichokes look like? (They are very unusual looking. They have big, thick petals. It is cooked so the petals are soft and can be scraped off with our teeth.) Show a picture of the artichoke.

What color are grape tomatoes? (red)

What do grape tomatoes look like? (They are oval-shaped and small; about the size of a grape.)

Apply:

How many of you have eaten grape tomatoes?

What are your favorite ways to eat grape tomatoes? (As a snack and on a salad)

What are other ways to eat tomatoes? (Tomato soup, pizza sauce, sliced tomatoes, chopped tomatoes on a taco)

Is a tomato a fruit or a vegetable? (Some people say that tomatoes are a fruit, since the tomatoes develop from the flower of a plant. However, we count them as a vegetable because they are not as sweet as fruit.)

How many of you have eaten artichokes? (They also come canned and sold as artichoke hearts)

What are ways an artichoke can be eaten? (In artichoke dip,





in salads, in pastas)



Tasting Opportunity

Have the students wash their hands. Wash the grape tomatoes for the students to sample.

Wash the artichokes. Using a cutting board and sharp knife, cut off the stem and 1 inch off the top of the bud. Trim sharp ends of the leaves with kitchen shears. To microwave: wrap each artichoke in plastic wrap. Place the wrapped artichoke upside down in a 4-cup glass measuring cup or any microwave safe dish. Cook on high power for 4 to 7 minutes for one artichoke. Let stand, still wrapped, for 5 minutes. Tip: Check doneness by piercing bottom of artichoke with a fork. To eat: Begin at the bottom. Remove the leaves one at a time. Dip the fleshy base into a dipping sauce if desired, like ranch dressing. Holding the leaf-curved side down, place the fleshy base into your mouth and draw it between your teeth. This will scrape off the tender flesh, but leave the fibrous portion of the leaf. Continue with all the petals until you get to the thin, rose-colored petals. The base of these may be cut off and eaten. Next comes the choke that is the fuzzy part. Scrape off all of the fuzz, leaving a flat, round bottom to the artichoke. This is what you have been working for—the "heart" of the artichoke. You can eat every bite of this part. Cut it into pieces and enjoy.

They can then put an "X" through the bingo square of the vegetable that they sampled.

On the back of the Pick a **better** snackTM & **Act** bingo card for each month, there is information for their parents and grandparents. Encourage students to take the bingo card home and ask their family to pick out a snack and physical activity idea to try.



Extend the Activity



Art, Music & PE Divide the class into groups. Assign each group one of the veggies to write a song about using the information from social studies. Have them sing it to the tune of a popular children's song. Make sure to brainstorm with the class so they all know the song. Twinkle, Twinkle or Frere Jacques is a good choice.



Language Arts & Reading

Write a story about a tomato and an artichoke. It can be a silly story, a best friend from different background story, a sad story, or a creative story.



Math

How many grape tomatoes equal 1 pound? How many artichokes does it take to equal a pound? Does it take more grape tomatoes or more artichokes to make a pound? Use a scale to measure.



Science & Health

Have each student plant a tomato seed to watch it grow. Allow them to take them home to plant when they start to "take off."



Social Studies

Research to find more characteristics about each veggie. Do they need lots of sunlight to grow? Do they need lots of water?





T-O-M-A-T-O-E-S

Write a fruit or vegetable that starts with each letter. Example: T - Tomato

T	
M	
A _	
L _	
S_	







Grape Tomatoes and Artichokes

Parts of Speech

The two feature vegetables on t	he April bingo card are
	e a verb to complete the sentence below.
vegetables e	very day.
An adjective is a word that describes a rusing adjectives.	noun. Complete the following two sentences
Grape tomatoes are	and
Autichalaca ava	

